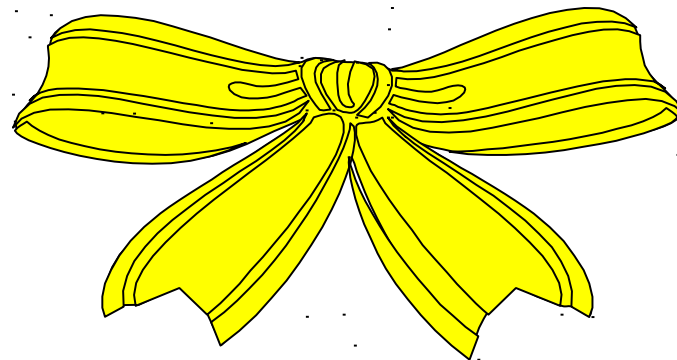
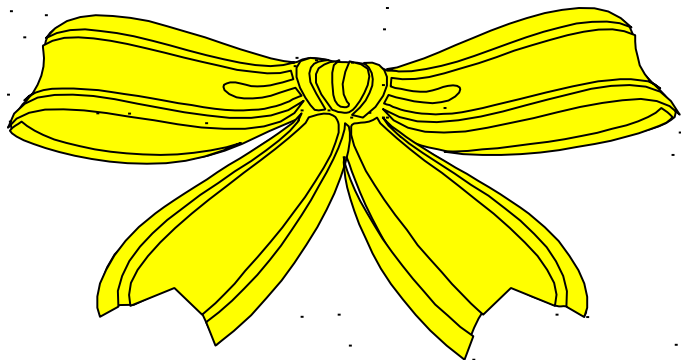




98th MED DET (CSC)

REUNION BRIEFING





98th MED DET (CSC)

Purpose

To provide information on changes that impact the lives of persons who redeploy, and suggest ideas and resources to help in the transition process.



98th MED DET (CSC)

Agenda

- ▶ **Changes You Need To Be Aware Of**
 - ▶ **In Your Environment**
 - ▶ **In Relationships**
 - ▶ **At Work**
- ▶ **Return Planning Suggestions**
- ▶ **Other Issues**
- ▶ **Where to Get Help**



98th MED DET (CSC)

After this briefing you should...

- 1. Understand the changes that redeployment**
- 2. Know how to develop a plan**
- 3. Be aware of the resources that are available to help**

98th MED DET (CSC)

WHAT IS REDEPLOYMENT READINESS ANYWAY?

- THE PROCESS OF PREPARING ONE'S SELF FOR THE CHANGE IN HABITS, LIFE STYLE, BEHAVIOR, AND EXPECTATIONS OF ONE'S HOME BASE FOLLOWING A LONG DEPLOYMENT OR SEPARATION.



98th MED DET (CSC)

WHAT CAN WE EXPECT BACK HOME?



98th MED DET (CSC)

**THINGS HAVE CHANGED....SO
HAVE YOU**



BEFORE OIF

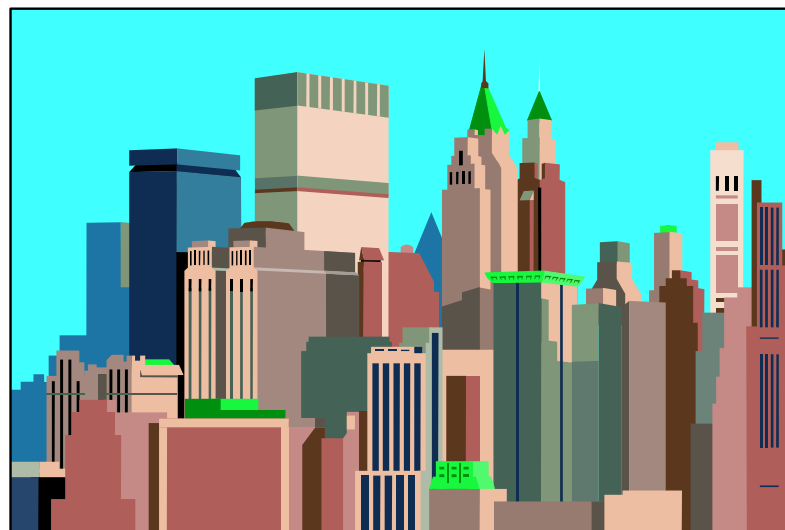


AFTER OIF

98th MED DET (CSC)

Environment

**YOU MAYBE IN
FOR A SHOCK
WHEN YOU
GET BACK
HOME....**



Things have Changed

98th MED DET (CSC)

Environment



**MAYBE YOUR STUFF
MIGHT HAVE FOUND A NEW HOME...**

98th MED DET (CSC)

Relationships

**YOUR FAMILY AND
FRIENDS
HAVE CHANGED...**



98th MED DET (CSC)

Friends

**PERSONAL
RELATIONSHIPS
MAY NOT BE THE SAME**



WS & WORLD REPORT, AUGUST 26, 1996



98th MED DET (CSC)

Spouse

**SEPARATIONS.... Are a
challenge for every family**

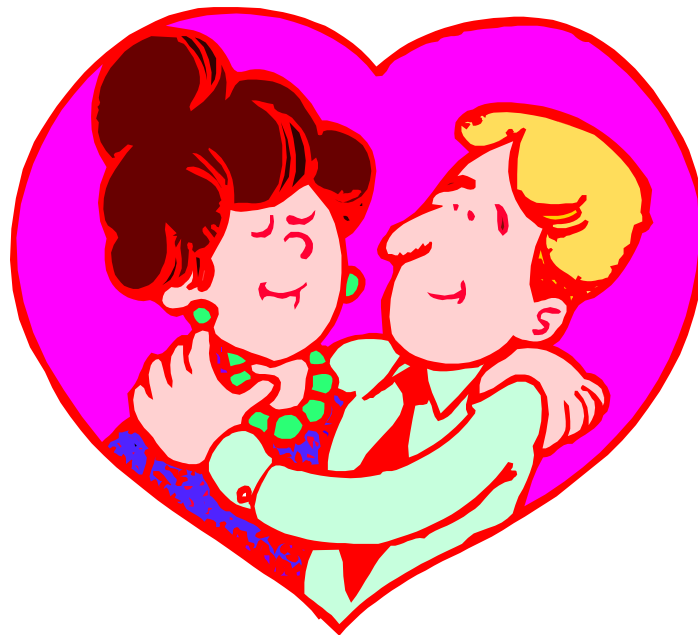




98th MED DET (CSC)

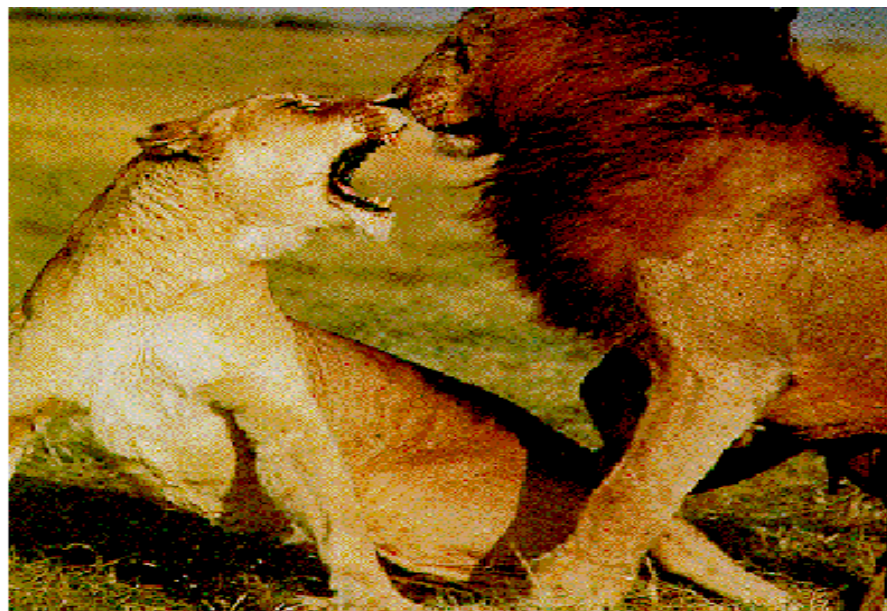
Spouse

**SEPARATION DOES NOT
SOLVE PROBLEMS PEOPLE
SOLVE PROBLEMS**



98th MED DET (CSC)

Spouse



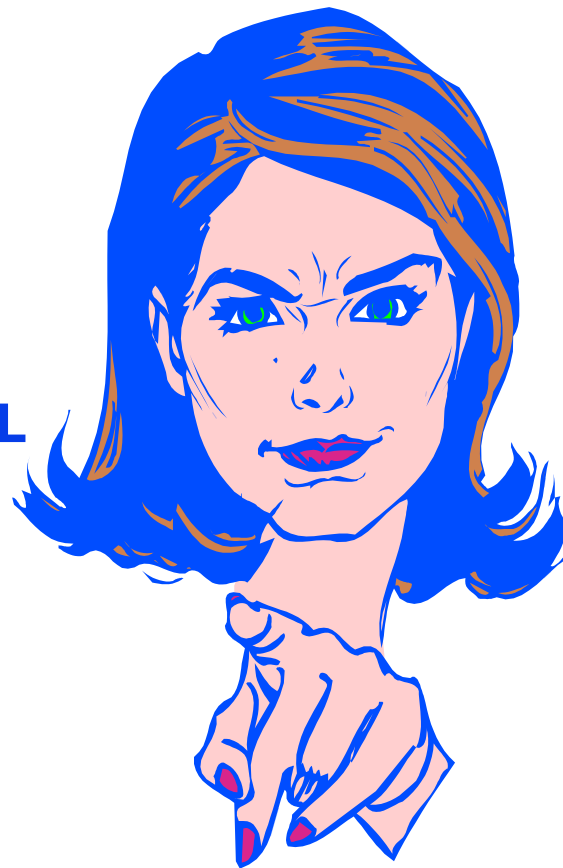
REESTABLISHING ROLES CAN BE DIFFICULT



98th MED DET (CSC)

Spouse

**SPOUSES AND FRIENDS
MAY HAVE ANGER AND
RESENTMENT ISSUES
OVER THE LOSS OF THEIR PERSONAL
GOALS AND TIME**



98th MED DET (CSC)

Kids

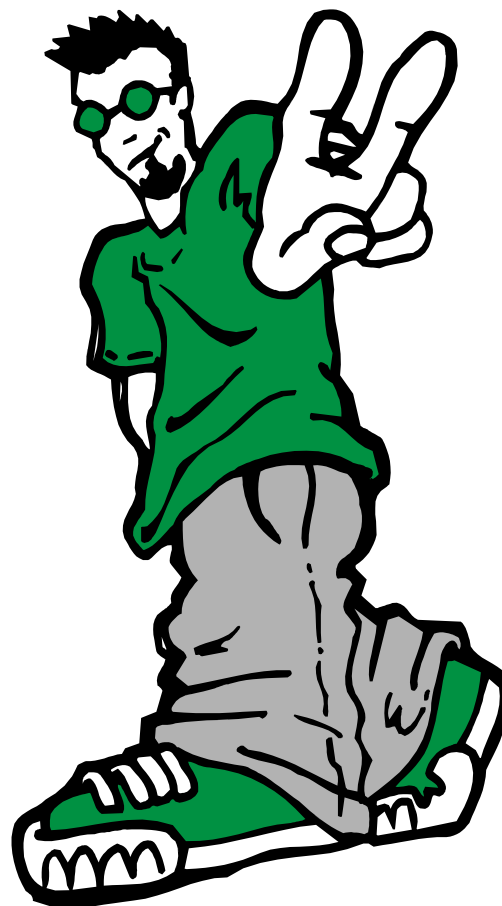
**YOUR SPOUSE MAY
NOT
DISCIPLINE THE SAME
WAY YOU WOULD**



98th MED DET (CSC)

Kids

**Family Rules
May Be
Different**





98th MED DET (CSC)

KIDS

Remember that 6 months represents a significant amount of time for a child

Expect changes in your children:

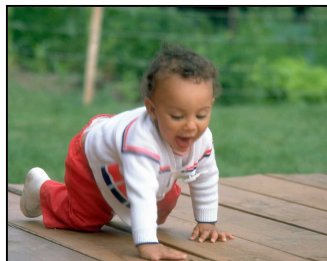
- They have grown
- They have better verbal skills
- Better motor skills
- Note & praise their new skills
- Expect some testing of limits and wrong

Don't expect your children to:

- Understand the reason you were gone
- Give up their routines, activities or school function
 - Think that your separation was harder than their separation

98th MED DET (CSC)

Likely Reactions of



Infants 0-18 Months - anxiety, shyness, clinging to other parent even fear



Toddlers 18m - 4 Yrs - Shy, playful, excitement, also resentful and angry



Young Children 4 -11 Yrs - Excitement, happiness, wanting to be and play with you

98th MED DET (CSC)

Likely Reactions of Children

Young adolescents 12-14 Yrs -
Happiness and indifference



Adolescents 15+ - Indifference,
act as though your deployment
did not affect them



★ In general any response from a child is
Considered normal e.g. excitement,
shyness, fear.

▮ It is when we see no response that we
should worry

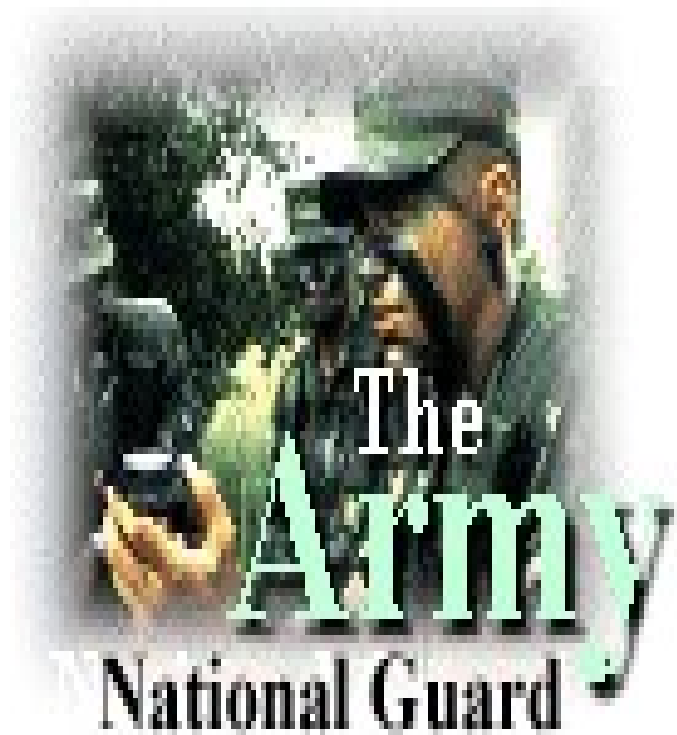


98th MED DET (CSC)

Work

**You May not have
the same authority
you have here**

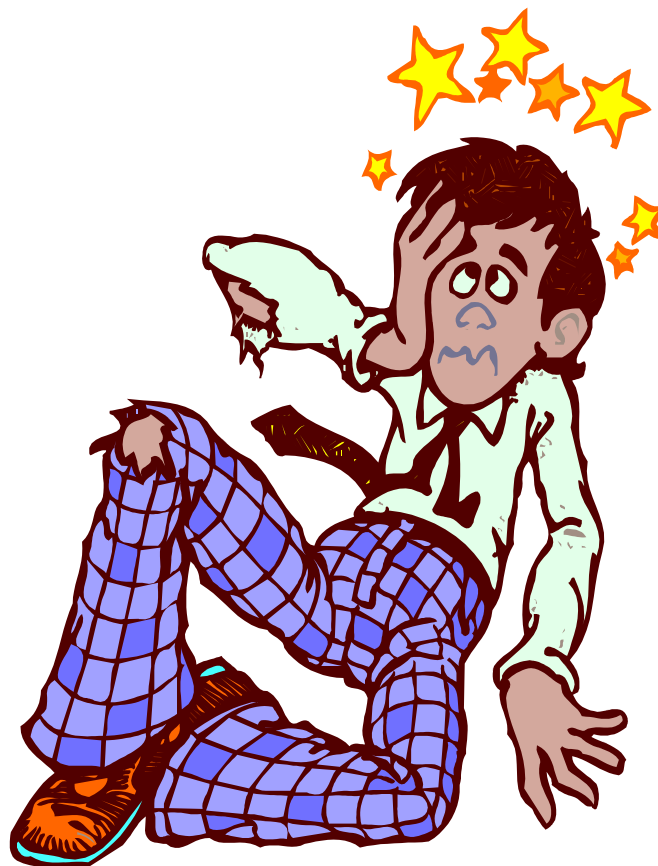
★ **You may face negative
reactions from your
fellow employees,
employer**





98th MED DET (CSC)

SO, WHAT SHOULD WE DO....

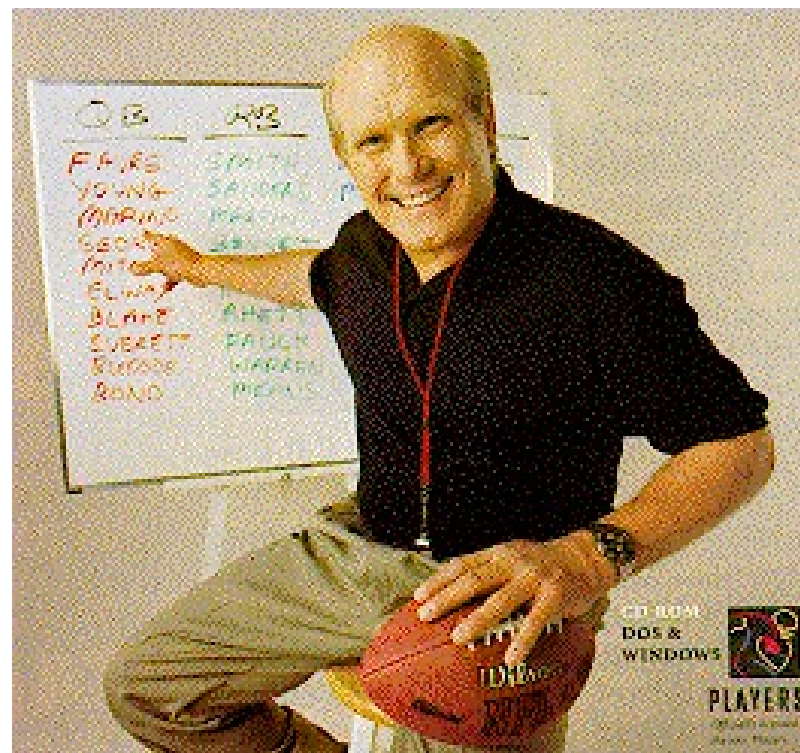


DON'T GIVE UP...THERE IS HOPE!

98th MED DET (CSC)

Have a Plan

Here Are Some
Suggestions





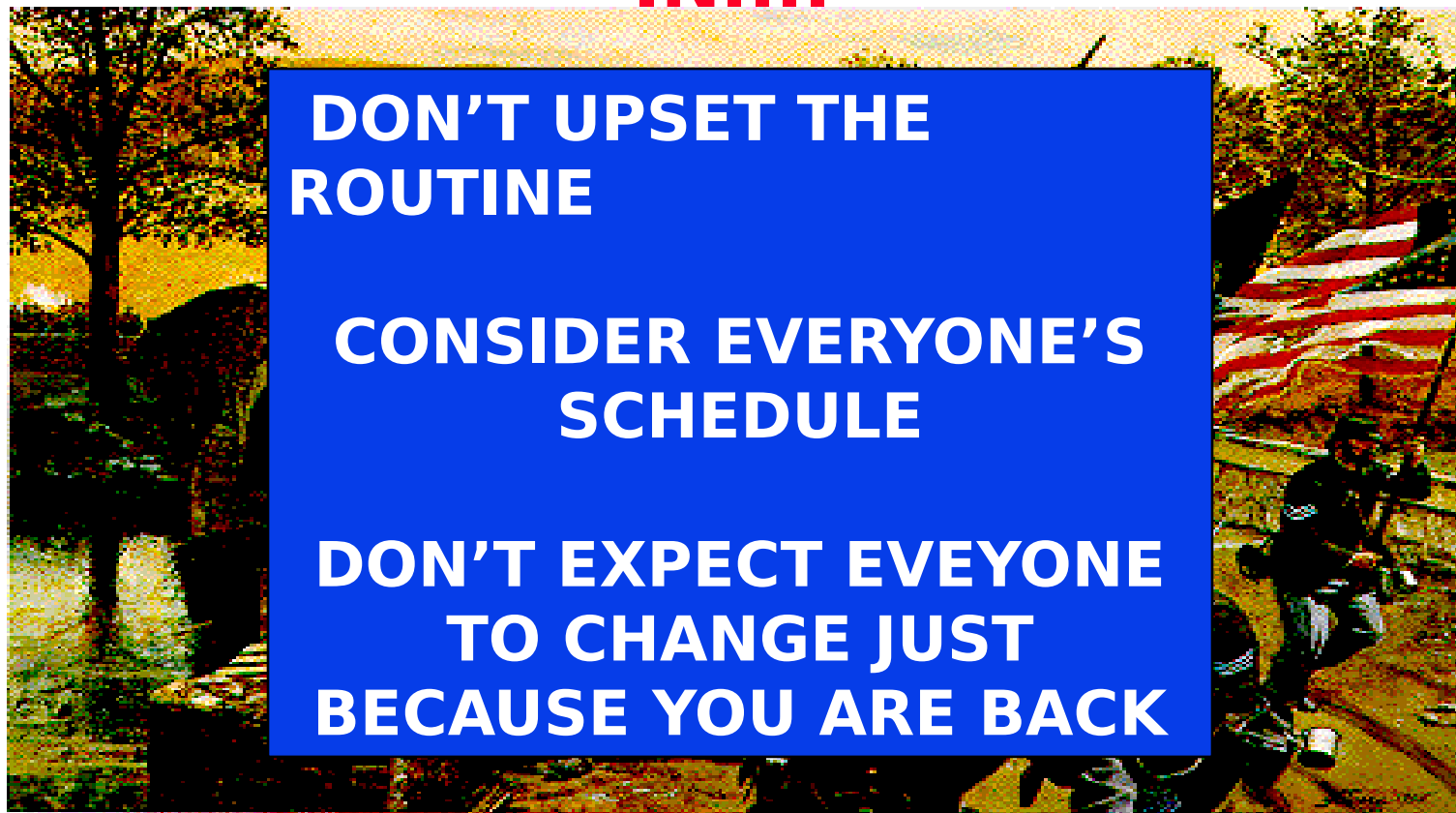
98th MED DET (CSC)

**YOU DON'T WANT TO GO CHARGING
IN....**

**DON'T UPSET THE
ROUTINE**

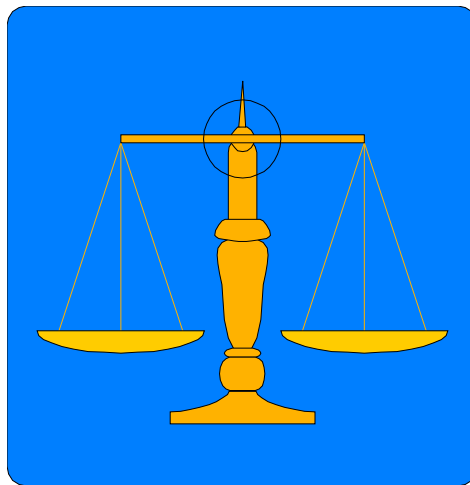
**CONSIDER EVERYONE'S
SCHEDULE**

**DON'T EXPECT EVERYONE
TO CHANGE JUST
BECAUSE YOU ARE BACK**



98th MED DET (CSC)

Have a Plan

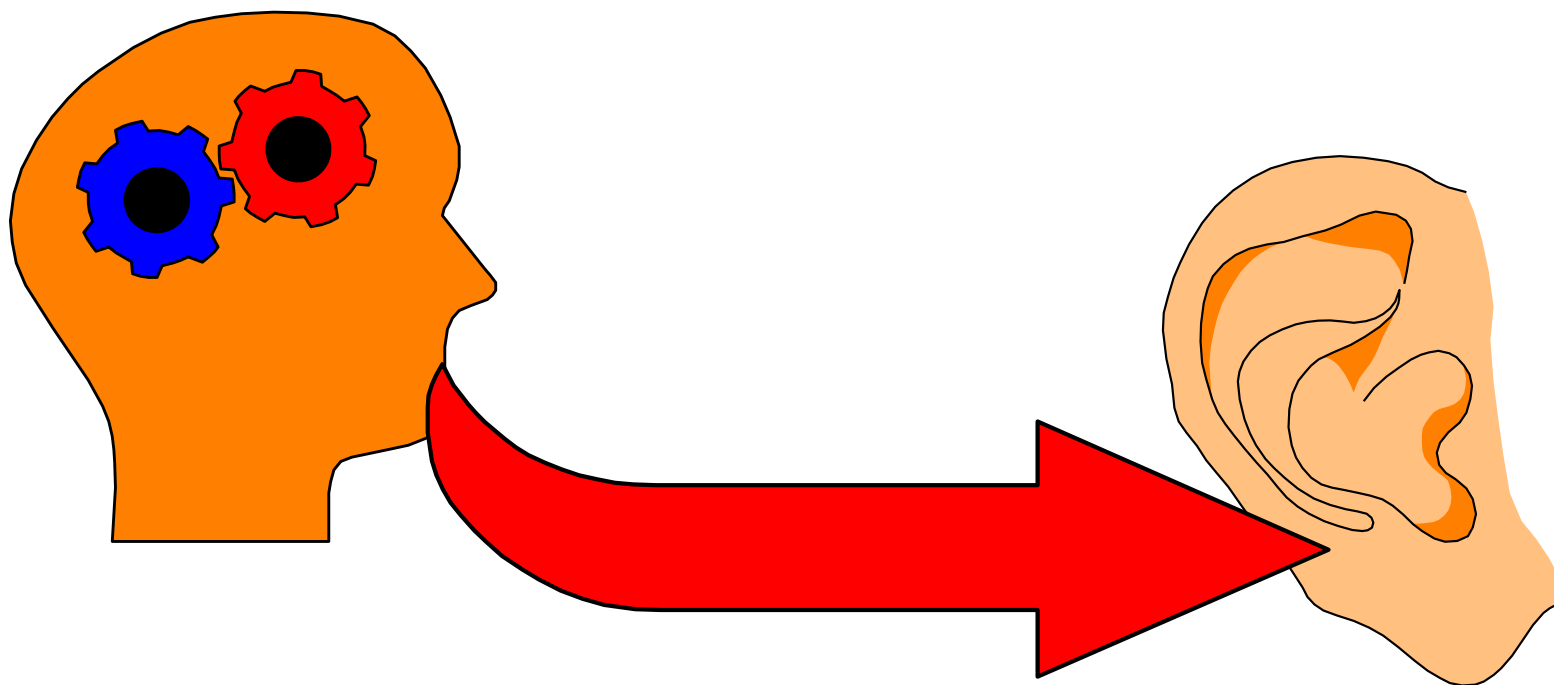


APPROACH YOUR SPOUSE AS AN EQUAL

98th MED DET (CSC)

Have a Plan

LISTEN BEFORE YOU SPEAK..



98th MED DET (CSC)

Have a Plan

- ▮ TELL YOUR SPOUSE HOW YOU FEEL
- ▮ PUT YOURSELF IN HIS/HER SHOES
- ▮ SHOW YOUR LOVE AND AFFECTION



"I LOVE YOU"



98th MED DET (CSC)

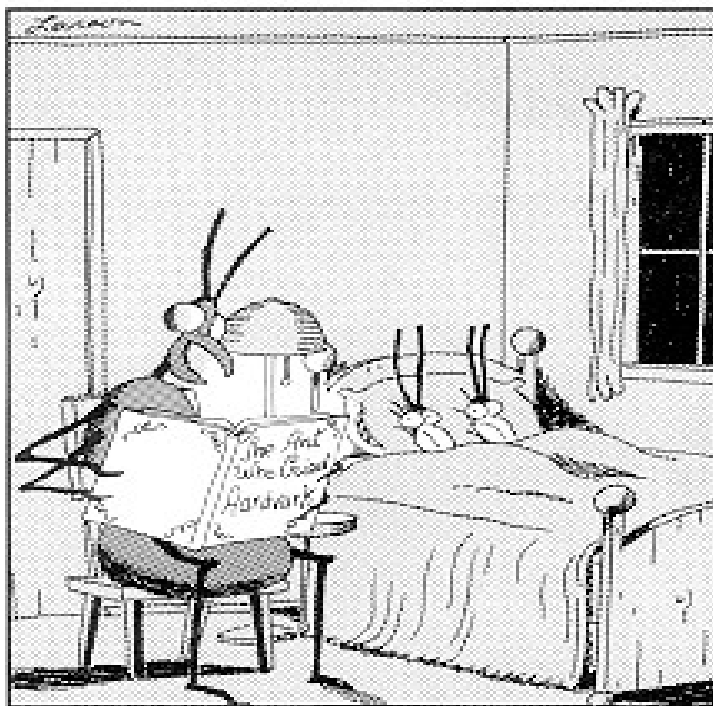
Have a Plan

**EXPRESS PRIDE
IN YOUR
FAMILY MEMBERS**



98th MED DET (CSC)

Have a Plan



SPEND TIME WITH YOUR KIDS



98th MED DET (CSC)

Have a Plan



TAKE TIME WITH EACH ONE

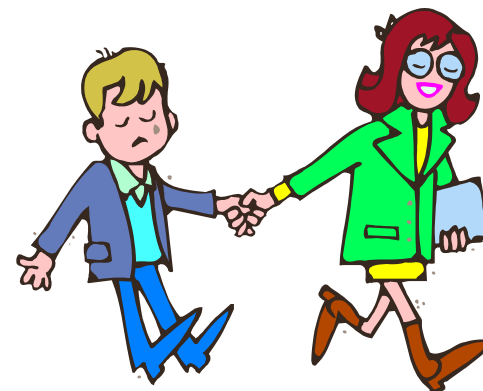
98th MED DET (CSC)

Have a Plan

LISTEN TO THEM



**DON'T SEND
THEM AWAY**

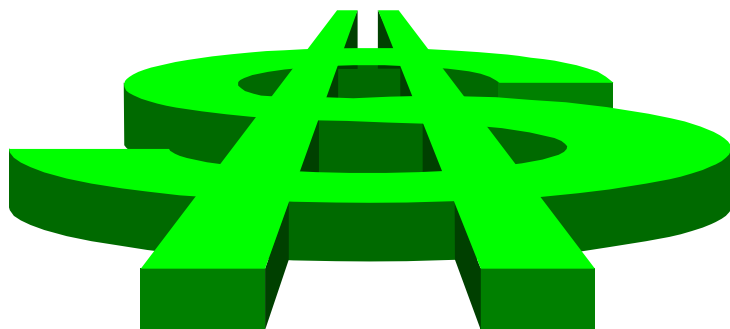




98th MED DET (CSC)

Have a Plan

**GIFTS....
WATCH OUT AND
BE FAIR**



98th MED DET (CSC)

SINGLE PARENTS

▮ INVOLVE
YOUR CHILD'S
CARE-GIVER IN
THE
TRANSITION

▮ ASSURE
THEM THAT
YOU WILL
MAKE A HOME
FOR THEM

ASK CHILDREN ABOUT
THEIR FEELINGS ABOUT
YOUR BEING HOME

FIND OUT HOW THINGS
WERE DONE WHILE YOU
WERE AWAY





98th MED DET (CSC)

A Word for Reservists, Guardsmen

Educate your co-workers and family on your mission

□ Know your federal re-deployment rights!

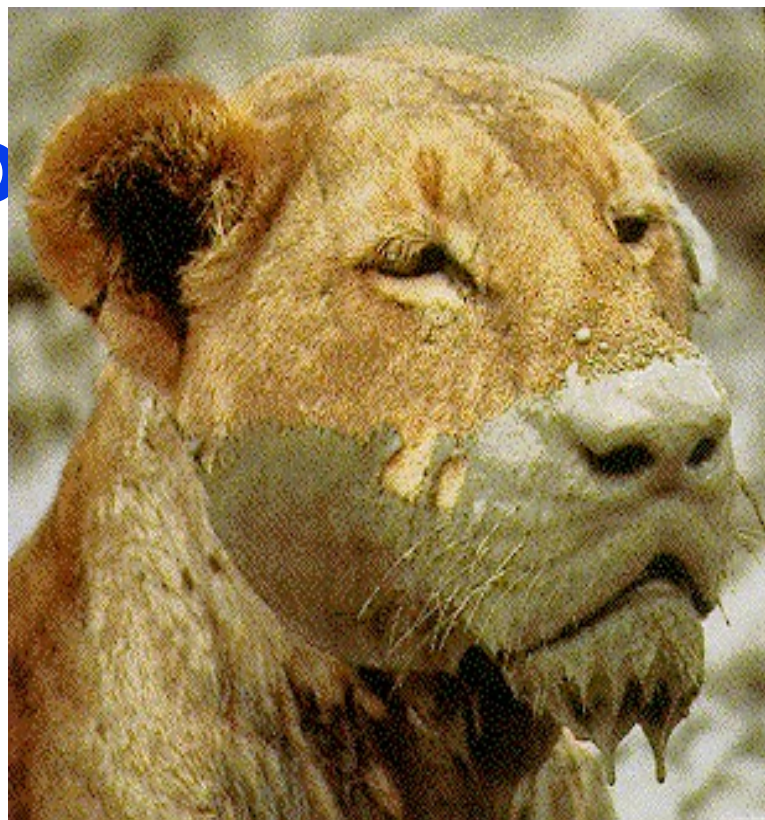


98th MED DET (CSC)

Other Issues

**YOUR PERSONAL
HABITS MAY NEED
ADJUSTMENT**

**YOUR FAMILY
DOESN'T
WANT TO HEAR
VULGARITY!**



98th MED DET (CSC)

Other Issues



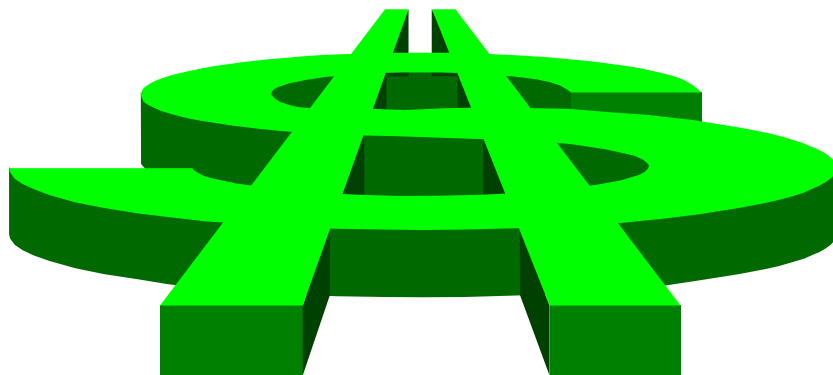
**Don't drink like a fish
Alcohol & Reunion don't mix**

**Don't drink and
drive.
One Decision May
Cost Everything**

98th MED DET (CSC)

Other Issues

**YOU'LL BE MAKING
LESS MONEY...**



**RESIST THE URGE
TO SPEND!**



98th MED DET (CSC)

Other Issues

Spiritual Growth

Maintain Personal Growth made during the Deployment

Support The Spiritual Growth of Family Members while you were gone

Reestablish Spiritual Growth not maintained during deployment





98th MED DET (CSC)

SO, WHERE DO I GO FOR HELP?



Chaplain

Get Help

Community Resources



JAG



FSG



Mental Health



ACS



98th MED DET (CSC)

After this briefing you should...

- 1. Understand the changes that redeployment**
- 2. Know how to develop a plan**
- 3. Be aware of the resources that are available to help**



98th MED DET (CSC)

THANKYOU!

